

Mindfulness Meditation Stimulated by Mid-Air Haptic Feedback

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Mindfulness. Traditional approaches

What it is all about



Figure 1. Mindfulness parts

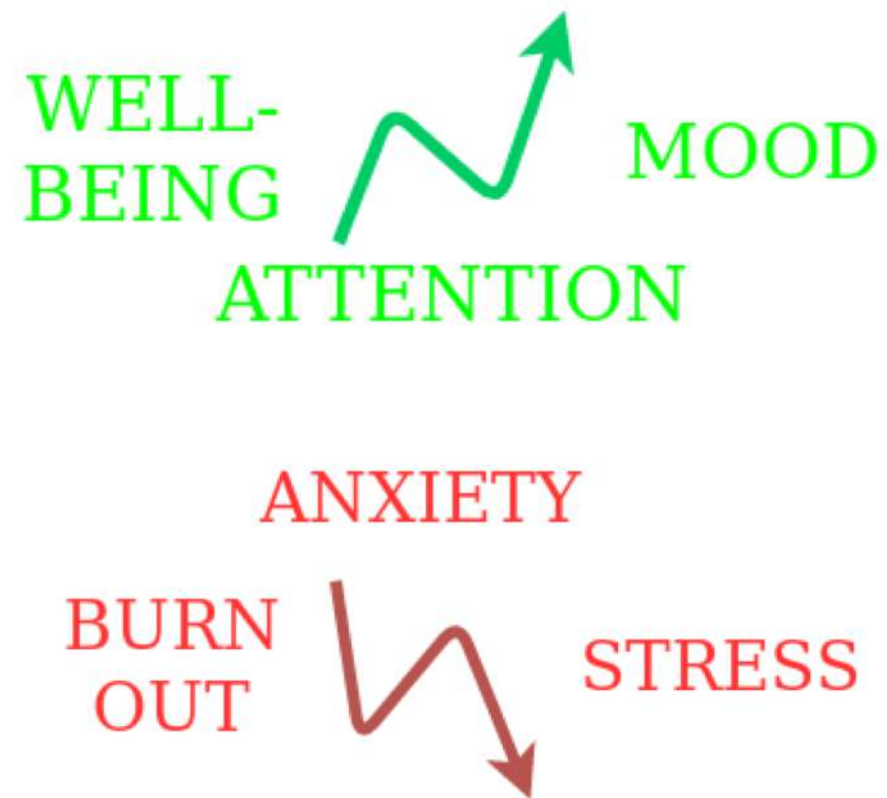
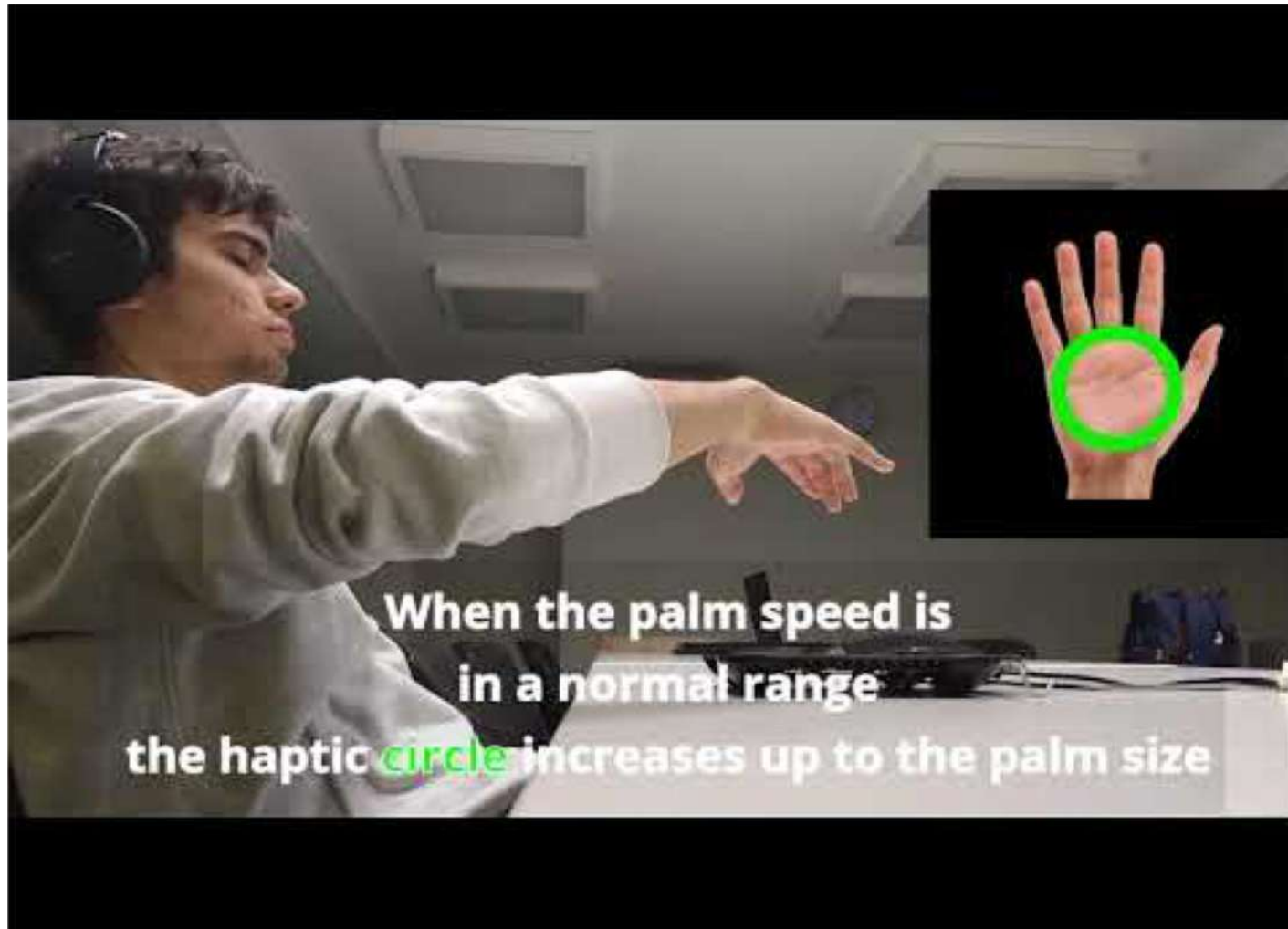


Figure 2. Consequences of mindfulness state

Our method

What we have done



Measurements. Analysis

Why it works

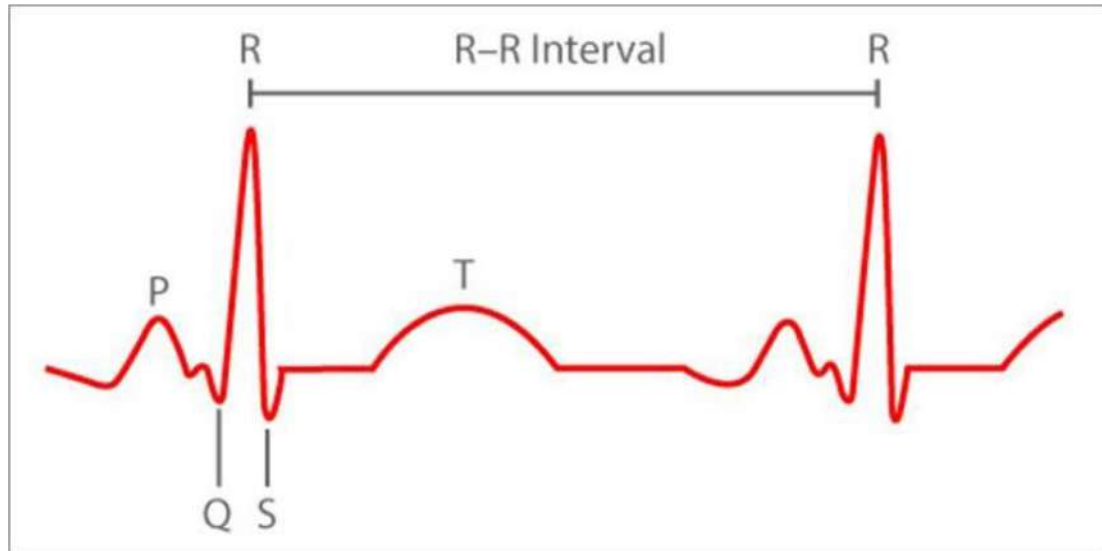


Figure 3. Intervals between normal beats

RMSSD values change after meditation (in ms.)

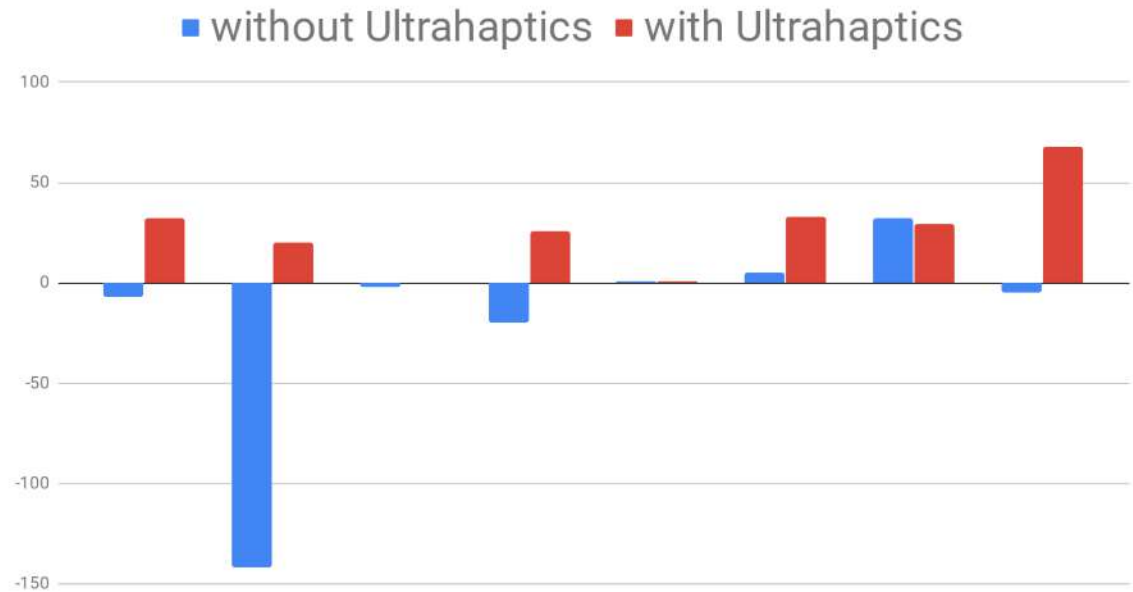


Figure 4. Comparison of traditional and our meditation methods

Future work. Applications

What can be done



Figure 5. EEG sensor “MindWave Mobile 2”

Source: <https://store.neurosky.com/pages/mindwave>

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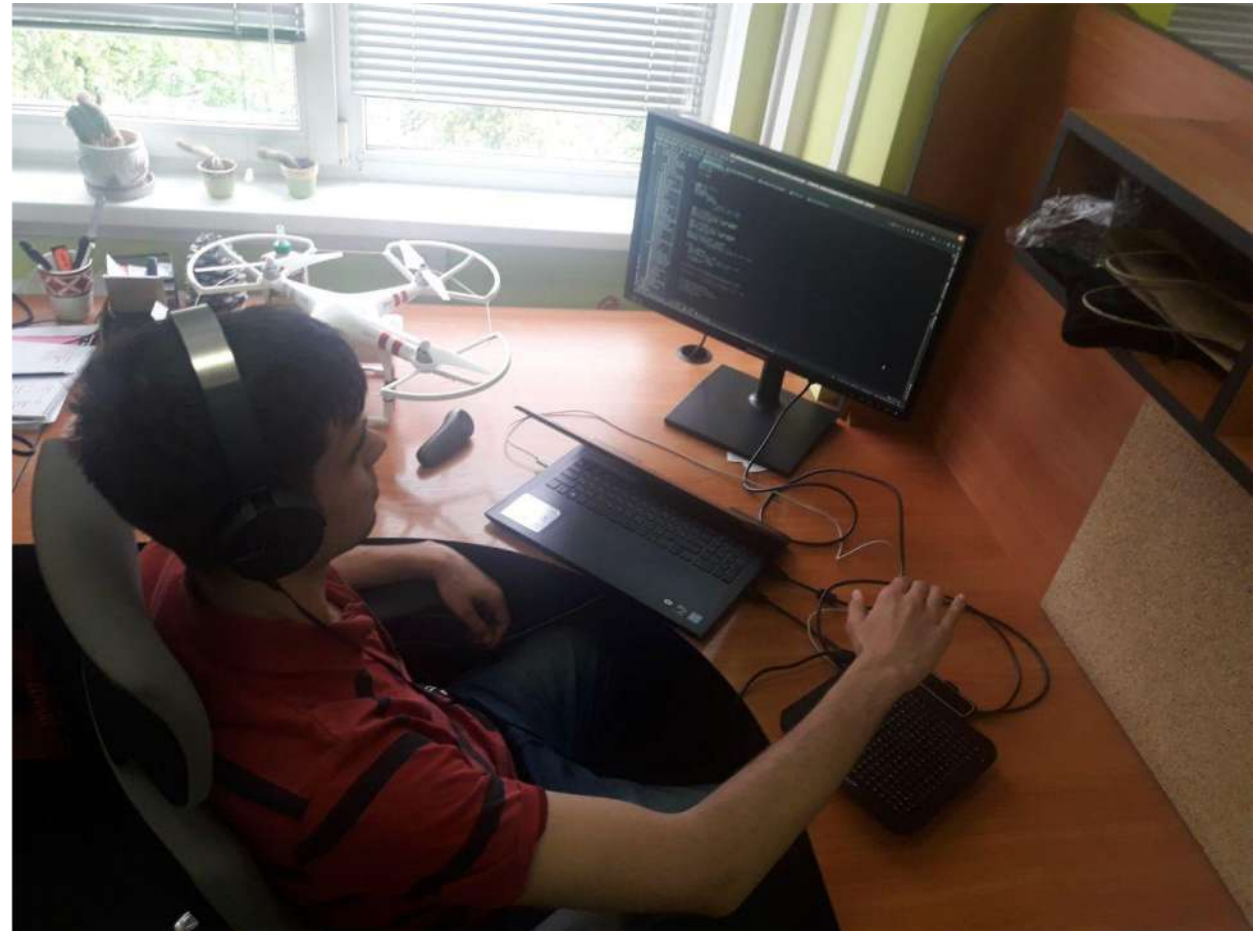


Figure 6. Meditation in busy environment